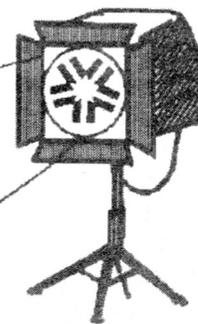


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 5

A newsletter for D.C. Seniors

May 2010



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. Clarence Brown

Happy Older Americans Month! As you know, May is designated nationally as Older Americans Month. In the District of Columbia, Mayor Adrian M. Fenty has proclaimed May as Older Washingtonians Month to celebrate the many contributions of our older residents to this great city.

The theme this year is "Age Strong! Live Long!" This theme recognizes the diversity and vitality of today's older Americans, who span three generations. Older Washingtonians, we celebrate you during this observance and throughout the year. Please make sure you take advantage of the activities that are being held across the city in your honor.

Older Washingtonians were in attendance as Mayor Fenty gave the State of the District Address at the construction site of the Deanwood Recreation Center and Library. His address highlighted the city's advances in public safety, education and building healthier and stronger neighborhoods.

On May 6th at 10 a.m., the Office on Aging FY 2011 budget will be presented and discussed at the council budget hearing before the Committee on Aging and Community Affairs chaired by Councilmember Yvette Alexander. The mayor's budget for the Office on Aging represents an increase in overall spending from FY 2010. It also protects and maintains the current level of services provided to District older residents, with an increase in services associated with the opening and operations of two new senior wellness centers in Wards 1 and 6.

During these difficult times, we are extremely pleased that the FY 2011 budget will not reduce services to seniors and will improve and expand services. We encourage District seniors and stakeholders to contact the Office on Aging if you have any questions about the Mayor's proposed FY 2011 Budget for seniors.

Again, please do not forget the State Aging Plan Questionnaire. It's not too late to get us your input. And if you have not been counted in the 2010 Census, please get counted or call us for assistance.

Have a wonderful spring!

Ms. Senior DC 2010

Witness the selection of Ms. Senior DC 2010, as District women age 60 and older compete for the title
Sunday, June 6 at 2:30 pm

University of the District of Columbia
4200 Connecticut Ave., N.W.
Washington, DC 20008

Call 202-289-1510, ext. 1171 for tickets and information.
Hope to see you there!



Mayor Adrian M. Fenty speaks with a senior after his State of the District address at the future Deanwood Recreation Center and Library in Northeast. The center is scheduled to open this June.



Members of the D.C. Senior America Cameo Club met with Congresswoman Eleanor Holmes Norton recently to discuss the health care reform bill and what it will provide for District residents and seniors. Delegate Norton told the group that for the nearly 75,000 District seniors receiving Medicare, the bill will add free preventative and wellness care; improve primary, coordinated, and nursing home care; and provide a \$250 rebate this year.

District Receives Federal Funds for Diabetes Self-Management

Stimulus funds would help seniors manage chronic diseases

The District has been awarded funds from the American Recovery and Reinvestment Act (ARRA) for the Communities Putting Prevention to Work Initiative/Chronic Disease Self-Management Program (CDSMP). The funds are intended to help deploy an evidence-based program that will educate older residents on how to self-manage their health and diabetes status. ARRA provided DCOA with a total of \$50,000 in funding to implement the interventions throughout the city's senior wellness centers.

The Diabetes Self-Management Program (DSMP) will equip D.C. seniors with the proper tools, knowledge and skills to better manage their diabetes and enable them to build self-confidence to assume a major role in maintaining good health as they age in place.

"The D.C. Office on Aging would like to thank the U.S. Department of Health and Human Services (HHS) for this nationwide effort to help improve the quality of life of older American's," said DCOA Executive Director Clarence Brown, Ph.D. "The D.C. Office on Aging is thrilled to be a part of

such a critical project that will help improve the lives of those with chronic diseases, in particular diabetes."

The Office on Aging, Department of Health (DOH) and Department of Health Care Finance (DHCF) will work together to support the implementation of the Diabetes Self-Management Programs (DSMP), with the goal of reducing diabetes and complications thereof, through our citywide delivery system. Thousands of older residents are expected to receive the intervention, and the impact of DSMP on health behavior, health status outcomes, and health care costs will be carefully determined and evaluated.

Contact your local Senior Wellness Center for more information:

Congress Heights Senior Wellness Center
202-563-7225
Hattie Holmes Senior Wellness Center
202-291-6170
Model Cities Senior Wellness Center
202-635-1900
Washington Seniors Wellness Center
202-581-9355



Community Calendar

May events

May 5 • 4 p.m. and 7 p.m.

Learn how to get the most out of your doctor's appointments. Carol G. Kaplun, a nurse care manager at IONA Senior Services, will go over strategies for communicating with your doctor on a variety of topics including memory loss. The seminar is for seniors and their families or caregivers and will be held from 4 to 5:30 p.m. and repeated from 7 to 8:30 p.m. Registration is recommended for the free class. For more information and to sign up, call 202-895-9448.

May 6+ • 9 a.m. to 5 p.m.

IONA Senior Services gallery will feature works from two artists, Melanie Grishman and Chuck Baxter, from May 6 through August 23. Grishman is IONA's artist in residence and specializes in fiber art, such as quilting. Chuck Baxter, special guest artist, creates pieces from discarded materials found in the city's gutters and alleys. IONA's gallery is free and open to the public from 9 a.m. to 5 p.m., Monday through Friday. For more information, call 202-895-9448.

May 14 • 10 a.m. to 2 p.m.

Barney Senior Program will host a cabaret event

at the Nineteenth Street Baptist Church, 4606 16th St., N.W. The event will feature a live band, a three-act play and a hot lunch. It is free and open to residents of Wards 1 and 4. For more information, contact James Thompson at 202-939-9020.

May 15 • 8:30 a.m. to 6 p.m.

Experience the power of breath in wellness, emotional health, stress reduction and more at Westminster Church, 200 I St., S.W., at the "Providing a Total Package Solution to Mothers and Fathers for Family Health" conference. Registration fees are scaled according to income and range from \$65 to \$150. Participants may also attend individual workshops, which are \$50 per session. Scholarships are available. For more information and to register, visit www.breathepositive.com or call 202-667-2577.

May 22 • 9:30 a.m. to noon

SOME Elderly Services will host a workshop, "Dementia: Understanding What is Happening to Your Loved One." The free workshop will be held at Dwelling Place, 2812 Pennsylvania Ave., S.E. Registration is required. To sign up, call 202-581-8000.

June events

June 1 • 7:30 to 8:30 p.m.

Support is only a phone call away. Join D.C. Caregivers' Institute for a caregiver telephone support group on Alzheimer's and dementia issues. To participate, call 1-888-330-9937. Type in passcode 1032641 and hit #. For more information, contact 202-464-1513.

June 9

Celebrate spring and summer on Wednesday, June 9 at Kenilworth Park and Aquatic Gardens, 301 7th St., S.W. The event will feature live music, entertainment, games, free health screenings, lunch and more. For more information, call the Department of Recreation at 202-664-7153 or the D.C. Office on Aging at 202-724-5626.

June TBD

Experience Washington, D.C. in a new way with a ride on a water taxi from Gaylord National. The trip will be \$16 round-trip for seniors. Date and time is not yet available. For more information and updates, contact James Thompson at 202-939-9020.

Older Americans Month Calendar of Events



May is Older Americans Month — a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. The District of Columbia is joining communities nationwide in celebrating this month with special activities and events.

Mayor Adrian M. Fenty has proclaimed May Older Washingtonians Month, celebrating the accomplishments of older District residents, promoting increased physical activity among them, and heightening the awareness it plays in healthy lifestyles for our aging residents. There will be events and activities promoting healthy aging for Older Washingtonians

throughout the eight Wards of the city.

This year's Older Americans Month theme — Age Strong! Live Long! — recognizes the diversity and vitality of today's older Americans, who span three generations. The District of Columbia has 100,000 seniors growing and aging in place in this city.

They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications and industry, while spearheading a cultural revolution that won equal rights for minorities, women and Americans with disabilities. For more information about the events and activities, call 202-724-5626.

- May 3 to 7** Senior Golden Olympics, various locations and times during these days.
- May 10, 17, 24** Every Diabetic Counts, Hagans Cultural Center, 1 to 3 p.m.
- May 14** Wards 1 and 4 Old School Cabaret, 19th Street Baptist Church, 10 a.m. to 2 p.m.
- May 14** Ward 7 Safety of Seniors Expo, Washington Seniors Wellness Center, 9 a.m. to 5 p.m.
- May 18** Ward 6 Senior Expo, Sherwood Recreation Center, 10 a.m. to 2 p.m.
- May 18** EMS Event at Hattie Holmes Senior Wellness Center, 10 a.m. to 2 p.m.
- May 20** IONA Super Senior Day, MLK Library, 2 to 4 p.m.
- May 21** Congress Heights Senior Health and Fitness Day, 9:30 a.m. to noon
- May 22** Caring for our Seniors Expo, Shiloh Family Life Center, 10 a.m. to 4 p.m.
- May 25** Emmaus Ward 2 at the ARTS Expo, Kennedy Recreation Center, 10 a.m. to 2 p.m.
- May 27** U.S. Administration on Aging and Partners Walk on the Mall, 8:30 a.m. to 1 p.m.
- May 27** East River Ward 7 Senior Prom, St. Luke's Center, 3 to 7 p.m.
- May 28** Seabury Ward 5 Aging Services Community Day, North Michigan Park, 10 a.m. to 2 p.m.
- May TBA** Ward 8 Older Americans Event, 10 a.m. to 1 p.m.
- May TBA** Congresswoman Norton's Senior Legislative Day

KEEN Seniors Program presents

"EAST RIVER SWING"

A WARD 7 PROM FOR SENIORS

Thursday, May 27, 2010
3pm to 7pm

St. Luke's Catholic Church
4923 East Capitol Street, SE
Washington, DC 20019

Enjoy Dinner, Dancing and LIVE Entertainment including a Hand Dance Performance
Attire: After Five
Donations Accepted

Music by DJ Ron V of Magic 102.3FM

For more information and to RSVP, contact Ms. Robin Gantt at 202-534-4880, Ext. 110

Age Strong! Live Long!

THE DISTRICT OF COLUMBIA OFFICE ON AGING

SPOTLIGHT ON AGING

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.